



HEMLOCK

NEVERSINK



About

Hemlock Neversink is an escape for your personal restoration. A place to indulge your curiosity. And an unprescribed experience that meets you where you are.

Nestled in the heart of the Catskills, Hemlock Neversink sits on a 230 acre private campus featuring serene, naturally beautiful and filled woodsy paths, secluded nooks, hiking trails and streams.



Our History

In the 19th century, the Catskills and Neversink region began to draw visitors seeking respite from city life, lured by the area's pristine natural beauty and fresh mountain air. Over time, the land evolved into a destination for rejuvenation and escape, with various lodgings catering to those in search of health and relaxation.

In the 1970s, our property became the New Age Health Spa, which was envisioned as a haven where the healing power of nature converged with holistic practices. Our commitment is to preserving the property's legacy while enhancing its offerings. We hope Hemlock Neversink's chapter is as impactful and transformative for guests as our predecessors.

Our Pillars



Move

Embrace physical activity in ways that resonate with you. Participate in fitness classes, take part in guided nature walks, or engage in yoga sessions that promote flexibility and strength. Find joy in staying active.



Heal

Healing is a fundamental aspect of wellness, addressing both physical and emotional needs. Therapeutic spa treatments, meditation classes, walks through the trails, and separation from technology.



Nourish

Hemlock celebrates the art of mindful eating, offering culinary experiences that are delicious and also provide essential nutrients. We encourage you to foster a deeper connection between the food you consume and its impact on your well-being.



Connect

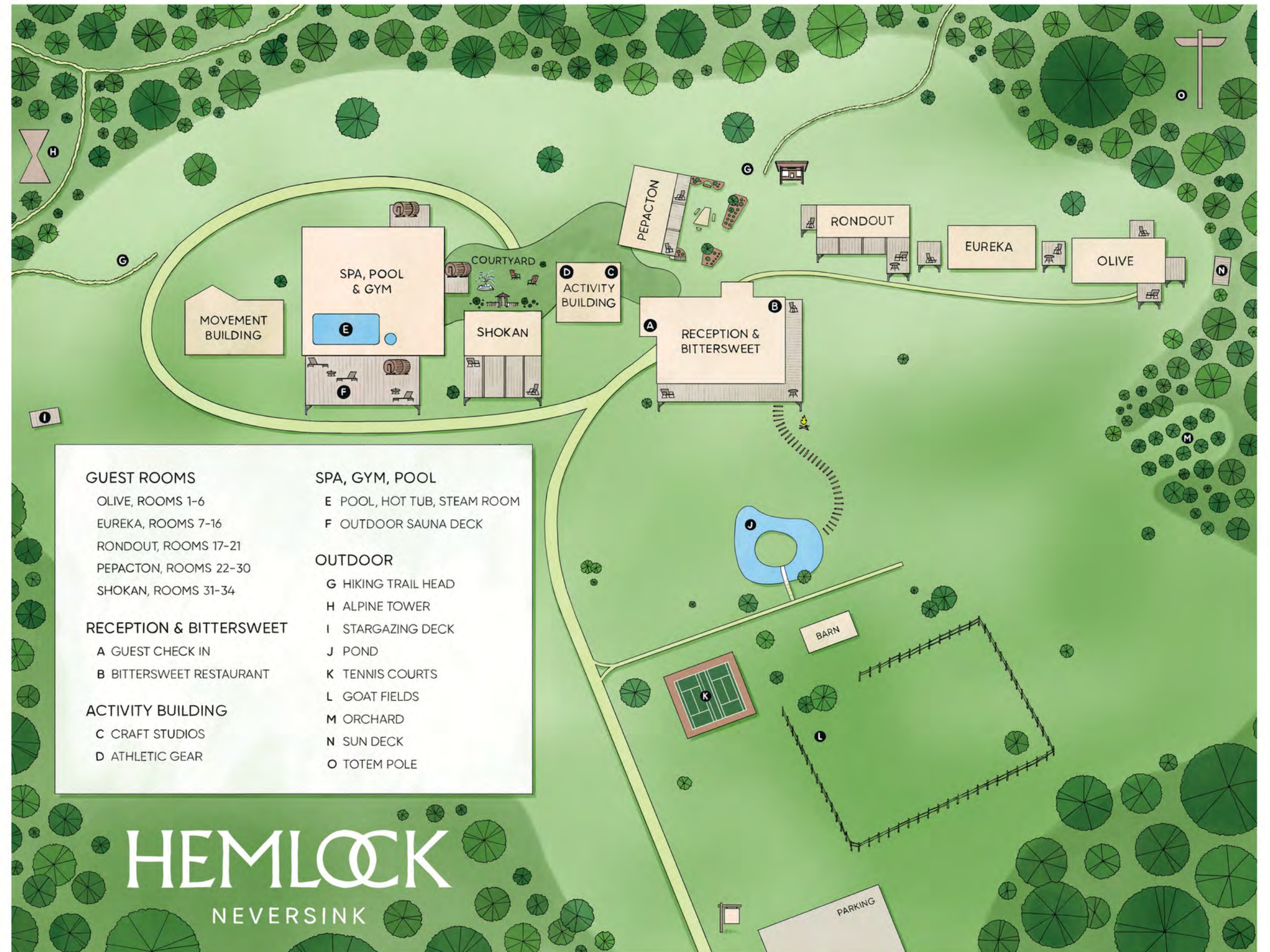
Connection is at the heart of human experience, and at Hemlock, we create an environment that fosters meaningful connections.



Grow

The one constant in life is change. And each of us grows at our own pace. Hemlock Neversink aims to be a home, not just for a single visit, but for different phases and needs of your life to explore.

Our Property



GUEST ROOMS	SPA, GYM, POOL
OLIVE, ROOMS 1-6	E POOL, HOT TUB, STEAM ROOM
EUREKA, ROOMS 7-16	F OUTDOOR SAUNA DECK
RONDOUT, ROOMS 17-21	
PEPACTON, ROOMS 22-30	OUTDOOR
SHOKAN, ROOMS 31-34	G HIKING TRAIL HEAD
	H ALPINE TOWER
RECEPTION & BITTERSWEET	I STARGAZING DECK
A GUEST CHECK IN	J POND
B BITTERSWEET RESTAURANT	K TENNIS COURTS
	L GOAT FIELDS
ACTIVITY BUILDING	M ORCHARD
C CRAFT STUDIOS	N SUN DECK
D ATHLETIC GEAR	O TOTEM POLE



Heal

Our Rooms

Featuring 33 guest rooms, many with outdoor spaces completely surrounded by nature, the earthy tones and quaker-inspired design will help set intentions in tranquil surroundings.

Rooms range from comfortable solo-occupied accommodations to our grand suite that has a private treatment room complemented by a steam shower and two large balconies for self-guided meditation and morning yoga at your leisure.



Solo Traveler

Our Solo Traveler room features a queen size bed including a writing desk, a turned wooden bed, and comfortable seating. Located in our Olive and Eureka guest buildings these rooms are ideal for those in search of solitude and restoration.

of Rooms | 6

Neversink King

Our Neversink King room features a king size bed including a writing desk, a turned wooden bed, and comfortable seating. Located in Eureka, Rondout and Pepacton guest buildings, our Neversink King acts as the perfect space for two to restore and disconnect.

of Rooms | 14

Neversink King with Private Patio

Our Neversink King room features a king size bed, including a writing desk, a turned wooden bed, comfortable seating, and a private patio for fresh air. Some also feature private outdoor showers. Located in Shokan, Rondout and Pepacton guest buildings, our Neversink King w/ private patio acts as the perfect indoor & outdoor space for two.

of Rooms | 8





Hemlock King Suite

Our Hemlock King suite is a true suite with a bedroom and separate sitting area. It features a king size bed including a writing desk, a turned wooden bed, and comfortable seating. Located in Olive and Rondout guest buildings, our Hemlock King Suite acts as a gracious space for two to restore and disconnect.

of Rooms | 2

Hemlock King Suite with Private Patio

Our Hemlock King suite with Private Patio is complete with a bedroom, separate sitting area and private patio. It features a king size bed including a writing desk, a turned wooden bed, comfortable seating, and a private patio for fresh air. Some also feature private outdoor showers without leaving your space. Located in Olive and Rondout guest buildings, this room provides a gracious indoor & outdoor space for two.

of Rooms | 2



Hemlock Grand Suite

Our Hemlock Grand Suite is our largest and most spacious suite - both inside and out - located on the second floor. It has a bedroom with king bed, separate sitting room, two large private patios, a writing desk, an en suite bathroom with steam shower, as well as a private treatment room located off of the sitting area for an exclusive spa experience. Located in the Olive guest building.

of Rooms | 1

A photograph of a desk with a lamp, notebooks, and a pencil. The desk is dark wood, and the lamp is a dark, textured glass. There are several notebooks on the desk, some open and some closed. A pencil is lying on the desk. The background is a light-colored wall with vertical wood paneling.

Our Amenities

All of our rooms are designed with everything you need for a comfortable stay, including spacious closets and many with custom dressers, and access to all of our amenities on property.

- All-natural Oneka Bath Amenities
- Bellino Fine Linens - luxurious & sustainable
- Soft Turkish Bathrobes by Matouk
- Dedicated Stargazing Deck & Dark Sky Approved Lighting
- Spa facility access (incl. saunas & steam room) with Fitness Center & indoor pool and hot tub
- Complimentary Wi-Fi



Move



Our Spa and Fitness

At Hemlock, the spa experience is more than a luxury—it's a philosophy rooted in the belief that true wellness is a harmonious blend of body, mind, and spirit. Guided by the principle that every individual is unique, our spa offerings encompass a range of therapies, soothing massages, revitalizing facials, mindfulness practices and energy healing.

Our spa is home to 12 treatment rooms, an indoor swimming pool, 3 barrel saunas, steam room, hot tub, relaxation lounge and outdoor sundeck, locker rooms (men's, women's & all gender).



Indoor Pool and Hot Tub

Our indoor swimming pool & hot tub offers a refreshing aquatic escape whether you're looking for invigorating laps or a relaxing soak.

Gym

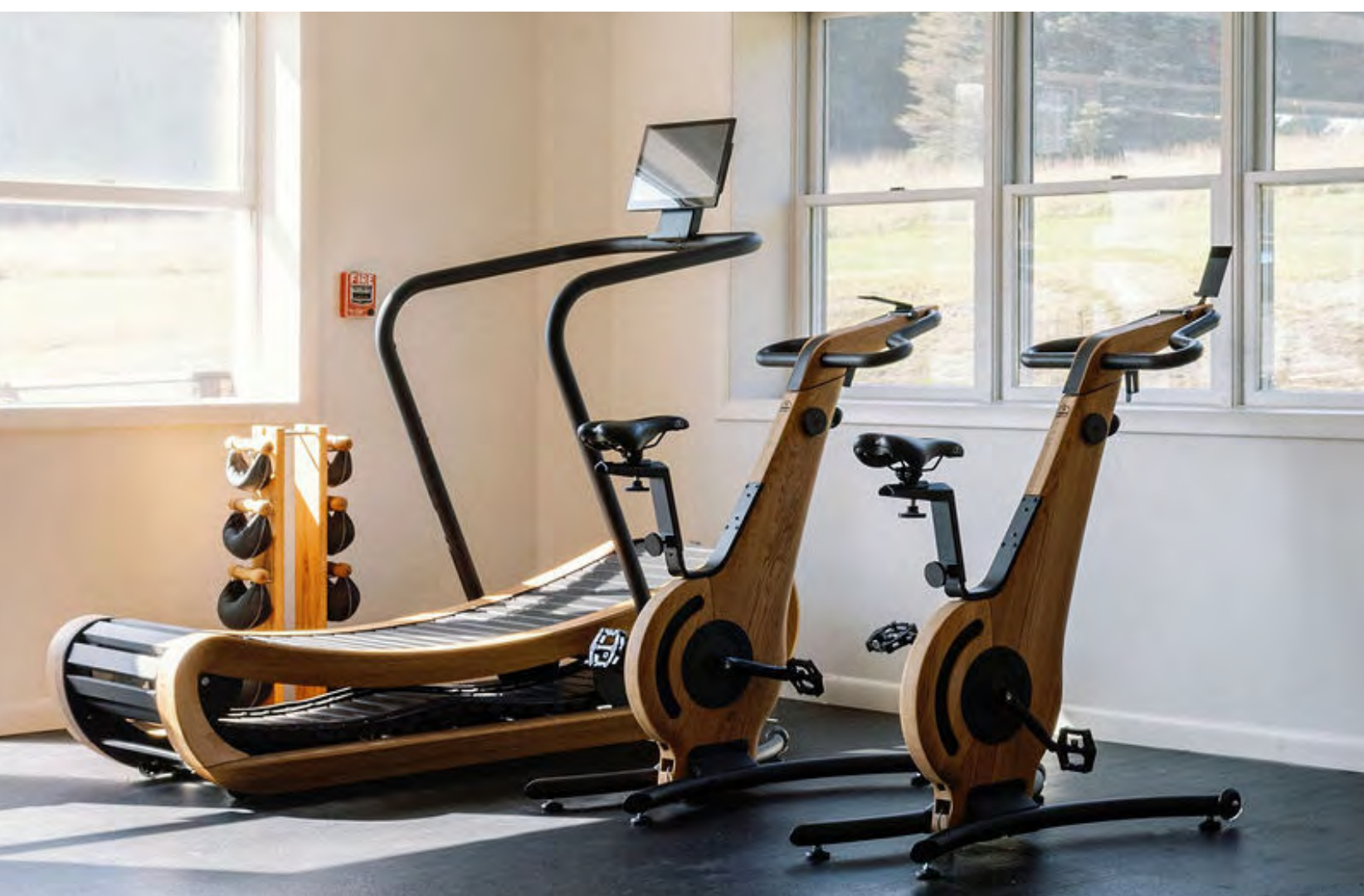
From heart-pounding aerobic sessions to private classes, our instructors guide you through workouts that cater to your preferences and goals. Or enjoy self-guided work-out sessions in the gym with our handcrafted NOHrD exercise equipment. Our commitment to fitness extends beyond the physical, as our studios provide an atmosphere of mindfulness and camaraderie. Example below.

● HIIT

This bodyweight "High-Intensity Interval Training" class is open to all levels and abilities and is sure to get your blood pumping. Each class is designed to build strength and elevate your heart rate using short bursts of strength & cardio exercises followed by brief periods of recovery. A light stretch at the end of class rounds out the experience and helps your body assimilate the work put in. (45 min)

● Fitness Training

Our friendly, certified trainers offer tailored exercise routines to fit your group's skill level, ensuring safety and correct form above all. With a focus on taking your wellbeing to the next level, these sessions provide a positive and encouraging space to explore your fitness journey.





Hiking Trails

Our private trail system links over 5 miles of mature pathways through our Catskill meadows & woods. Take a leisurely walk or a brisk jog, you do not need to leave our property to have a full hiking experience.

Tennis Courts

Our tennis courts are the perfect arena for both casual play and competitive matches. Have fun with friends or refine your skills through personalized coaching.



Relaxation Room

Our cozy relaxation room offers a setting to unwind before or after treatments. Sink into loungers, gazing at the Catskill mountain views. A great place to hide away to read a book or take a nap!



Grow

Movement

Dive into our diverse range of movement experiences. Whether you seek the energy of invigorating vinyasa flows or the tranquility of restorative practices, our offerings are thoughtfully crafted to embrace practitioners of all levels.

Elevate your journey towards health and mindfulness as you explore the fluidity of movement beyond traditional yoga, unlocking new dimensions of strength, flexibility, and inner balance.

Movement Highlights

Our programming invites you to explore enriching group activities or personalized sessions. Hemlock is your dedicated partner in creating moments of joy, balance, and well-being. Preview class examples below.

● Vinyasa Flow

This open-level vinyasa flow class links a series of postures with you breath and concludes with a brief guided meditation. This class is structured to be simple enough for beginning students, while also providing optional variations to challenge all levels and abilities. (60 min)

● Yoga Nidra

Often referred to as yogic sleep, Yoga Nidra draws your attention to the five layers of the physical, energetic & emotional bodies while you rest comfortably in a prone position (savasana). Many students fall asleep in Yoga Nidra which is perfectly ok. Open to all levels and abilities. (45 min)





Connect

Our Activities

With our dedicated team, your every need is anticipated and catered to. Our activities are here to guide you toward a transformative experience that encompasses mind, body, and spirit.

Activity Highlights

Goat Hikes

Spend some time with our resident furry friends from Frederick Farm Goat Sanctuary for a leisurely walk through our Goat Fields. Learn more about them, exchange some hugs, and leave with an instant mood boost.

Fireside Drumming Circle

Come together around the crackling warmth of the fire for a wellness-inspired fireside drumming circle. Let the rhythmic beats of the drum create an atmosphere of tranquility and connection. Join in and drum along, no drumming experience required.

Vision Board Workshop

Immerse yourself in a transformative two-hour Vision Board Workshop during your stay for an inspiring journey of reflection, releasing, and resetting. Craft your aspirations visually and set the stage for a rejuvenated path forward. This complimentary workshop is seamlessly woven into your Hemlock Neversink experience.

Stargazing & Cloud Spotting

Bring out the inner child in you with cloud spotting. At night, grab a blanket and telescope to watch the sky above on our dedicated Stargazing deck.





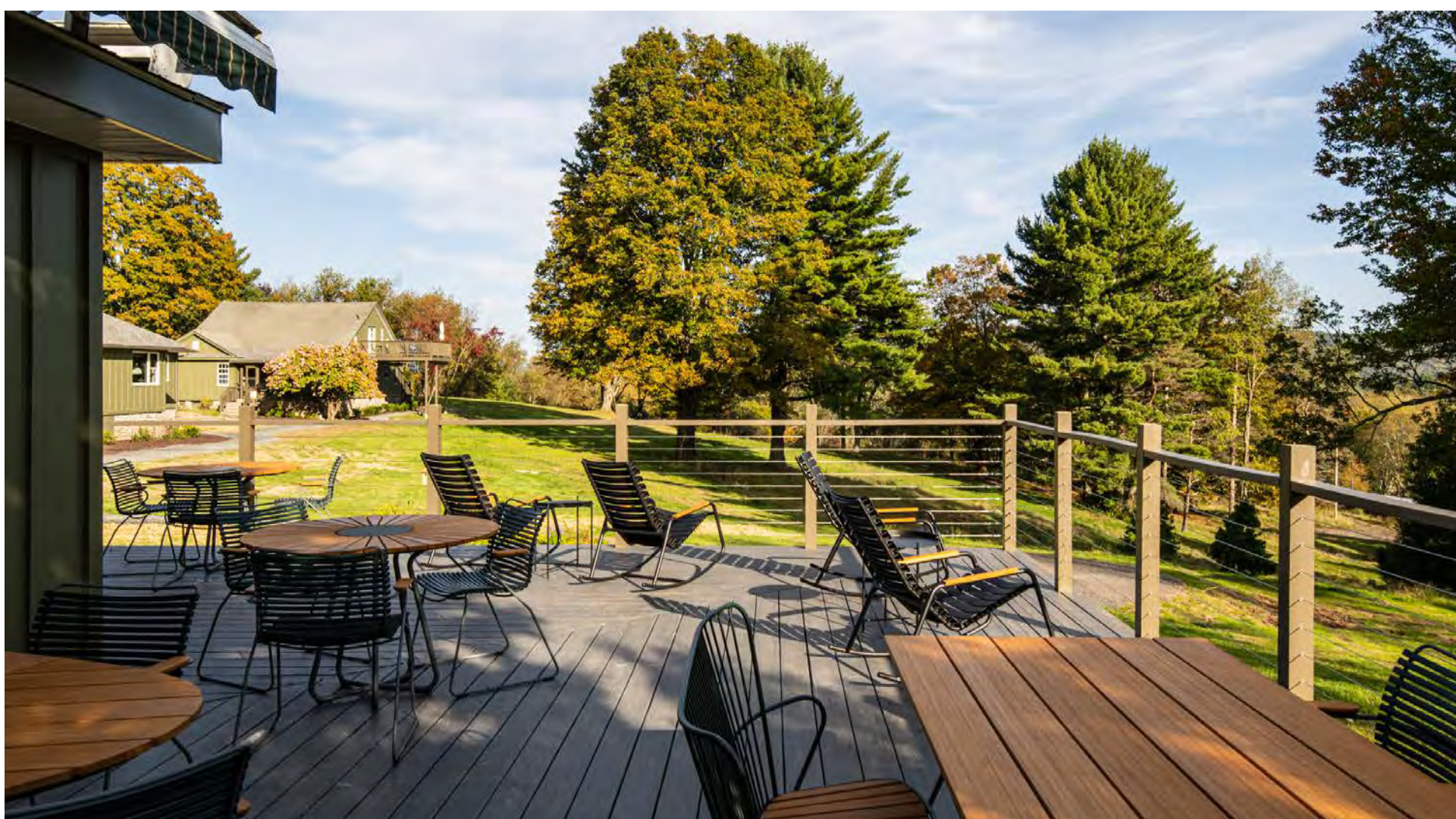
Nourish

Our Restaurant



Bittersweet breaks the mold of a typical spa restaurant, offering a fresh, exciting menu that doesn't compromise on health. Our plant-based menus are packed with flavor and are inspired by one of our producer's deliveries that morning.

Start your day with a bowl of our homemade skyr adorned with wild berries and a tableside-infused lemon verbena tea. Lunch brings comfort through a nourishing broth that warms and aids digestion. As the day winds down, dinner celebrates the bounty of our area. Our chefs will guide you through each ingredient, sharing stories of the dedicated growers who cultivate them.



In the Press

Travel & Leisure, "This Cozy Resort in Upstate New York Feels Like an All-season Adult Camp"

Condé Nast Traveler, "Most Exciting Fall Hotel Openings of 2023"

T Magazine, "A New Wellness Retreat in New York's Catskills"

WWD, "Inside Hemlock, Foster Supply Hospitality's Newest Upstate Retreat"

Thrillist, "The Best New Hotels in the US for Fall Group Travel."

Organic Spa, Hemlock Neversink Wellness Travel Guide

Testimonials

"We loved our time at Hemlock! The location is perfect just 2 hours from NYC, and the renovation of the property is absolutely beautiful. We felt instantly welcomed by the staff and had a perfectly balanced itinerary created for us. Our favorite activity was the goat hike! They are not to be missed."

"Gorgeous upstate resort, perfect for a retreat by yourself or with friends. I went for a restorative trip by myself and highly recommend it to any other overworked, stressed out moms out there! They make an itinerary for you (no decisions about what to do or when!) And you start your day with a lengthy stretch and yoga session. After that, you get an amazing farm-fresh breakfast and then you can follow your itinerary or do whatever you want. Truly relaxing from the moment you arrive to the time you leave."

"We had an amazing two night stay at Hemlock Neversink, every single member of staff was so personable, kind and interested in making our stay as good as possible. The food was incredible and we loved the activities on offer but also didn't feel pressured to do anything if we wanted to just relax and enjoy the hotel."